

**2500 Calorie Eating Plan for Figure Skater's**  
**(Estimated requirement for a figure skater who is approximately 4'11" and 85 lbs.)**

Time	Meal/Event	Amount	Food	Food Energy Servings
6:30	Breakfast	¾ cup 1 cup 1 cup	Orange Juice Cornflakes Milk, nonfat	1 fruit 1.3 starch 1 milk (~ 275 calories)
8:10	AM Session 1		Sports Drink (6%) <i>** Sip every 10 min</i>	
8:55	Break	4 oz. 6	Fruit cup Almonds	1 fruit 1 fat (~125 calories)
9:05	AM Session 2		Sports Drink (6%) <i>** Sip every 10 min</i>	
9:50	Post-Exercise Snack	1 4 oz.	Banana Yogurt	1 fruit 1 milk (~230 calories)
12:30	Lunch	1 cup  2 slice 3 oz. 2 tsp -- -- 2 slices -- 1 cup 3	Vegetable Soup Turkey Sandwich: Bread Turkey, deli slices Mayonnaise Mustard Lettuce Tomato Pickle Carrots, baby Oatmeal cookies	1 starchy vegetable  2 bread 3 lean meat 2 fat  1 vegetable  1 vegetable 1 bread + 1 fat (~570 calories)
2:10	PM Session 1		Sports Drink (6%) <i>** Sip...</i>	
2:55	Break	½ cup	Grapes	1 fruit (~60 calories)
3:05	PM Session 2		Sports Drink (6%) <i>** Sip...</i>	
3:50	Break	½ cup	Grapes	1 fruit (~60 calories)
4:00	Training		Sports Drink (6%) <i>** Sip...</i>	
4:45	Post-exercise Snack	2 pces. 7	String Cheese Crackers, low fat	2 cheese 1 bread (~200 calories)
6:30	Dinner	3 oz. 1 med. 1 Tbsp. 1 cup 1 cup 1 tbsp	Flank steak Baked Potato Sour Cream Broccoli Salad Salad Dressing	3 lean meat 2 starchy vegetable ½ fat 2 vegetable 1 vegetable 1 fat (~490 calories)
9:00	PM Snack	1 Tbsp. 2 1 cup	Peanut butter Graham crackers Milk, nonfat	½ meat substitute 1 bread 1 milk (~270 calories)

\*\* Sports drink (6%) should be sipped on average, every 10 minutes, as opportunities in the training schedule arise during the day. Three (10 oz.) bottles of sports drink were counted in the above food plan yielding a total of 225 calories for the entire day.  
 These calories are already calculated in the total calories.